



THE LIONS ROAR

FAIRFAX HOST LIONS CLUB

Volume 62, Issue 3

September 2012

Inside this issue:

Visit by Vice District Governor Mike Ryan 1

We Learned Our ABC's 2

Step Out for Diabetes 3

We Serve 3

Looking Toward Burma 4

Day of Service: September 29 5

Getting to Know . . . Ben Wiles 6

Phil Mayo Receives Lion of the Year Award 7

More Patches for Our Banner 7

Beyond Dollars: The Measure of a Successful Public Event 8

Mark Your Calendar: Lots Going on 8

VISIT BY VICE DISTRICT GOVERNOR MIKE RYAN



Vice District Governor, Michael Ryan, was welcomed along with Zone Chair Jay Moughan, to the August 21 dinner meeting of the FHLC. In his remarks on behalf of International President Wayne Madden and District Governor Emily Carnes, VDG Mike stressed the Lion's message:

Dedication + Preparation + Teamwork = Excellence

Although the 1.35 million members of our volunteer organization in 207 countries and geographic areas are different in many ways, but share a core believe – that community is what we make it.

In the ensuing year, he four objectives of IP Wayne Madden and DG Emily Carnes are to:

- 1) Celebrate Lions Service
- 2) Expand Our Impact
- 3) Strengthen Clubs and Increase Membership
- 4) Manage Change

As a part of Celebrating Lions Service, Mike noted that historic milestones for Lion clubs and service by members must be recognized. The posting of club projects spotlighting Lions service on the club web page is critical. Additionally, member and club milestones can be recognized and published in this medium. Young people today do not read newspapers, but they do follow current events through Twitter and Facebook. It is through technology that we will obtain the attention of young adults.

In an effort to Expand Our Impact, global service campaigns for the five months of August, October, November, December/January and April will be dedicated, respectively, to global service campaigns concentrating upon youth engagement, the visually impaired, diabetes awareness, hunger relief and the environment. Clubs need to do a community needs assessment to determine what projects need to be dropped and what new projects are to be adopted. One recommended project is a Reading Action Program, which is President Madden's signature project. In the USA alone, 21 million people cannot read, including adults as well as children. Twenty-six percent of the world population cannot read. Clubs are encouraged to assess the needs of libraries, schools and churches in fighting illiteracy.

It is also recommended that Lion Clubs develop partnerships in an effort to Strengthen Clubs and Increase Membership. District 24A is involved in the Core Four Grant for Diabetes Awareness. The partnership with the American Diabetes Association has flourished beyond initial expectations and is becoming a paradigm for future partnership efforts. However, membership is vitally important for our continuing community service.

And finally, in an effort to Manage Change, clubs must assess what projects are or are not working and make adjustments. Developing leaders is a critical component of this goal.

Whenever Melvin Jones was referred to as a great person, his response was "find a Lion helping someone – there is a great person."

WE LEARNED OUR ABC'S

By Lion Gordon Tillery

Our ABCs, according to the American Diabetes Association (ADA), are the 3 most important metrics for monitoring personal diabetes wellness:

- A - "A1C" or average blood sugar level over the past 2-3 months: should be below 7
- B - Blood Pressure: bottom number (diastolic) should be 80 or below, like 120/80
- C - Cholesterol: LDL should be <100, HDL should be > 40

On July 12, we learned our "ABCs" - and much more - as we completed 1-day of training to kick-off the LCIF grant-funded initiative to screen the underserved for diabetes.

Characteristics of the class: 59 Lions attended, representing 34 Clubs and 4 Lions Districts in Virginia. We were honored to have PID Wayne Davis provide opening remarks for the training day. Also attending were representatives of ADA, Columbia Light House for the Blind and the Fairfax County Department of Health. Lions were also introduced to Nina Litton, who will serve as the Project Coordinator for a year-long Lions program that will serve the community through diabetes education and health screenings, funded by a LCIF Core 4 Diabetes Grant, Lions contributions and ADA in-kind support.

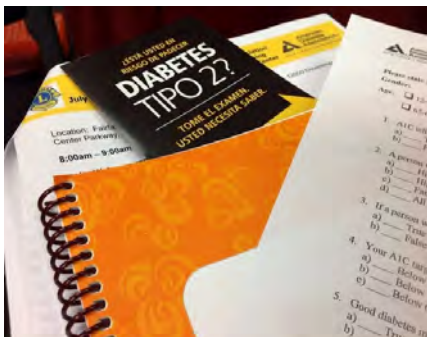
Trainers were medical and healthcare professionals, and a Canon company representative who showed participants how to use the CR-2 Mobile Retinal Imaging camera, a portable device that does not require dilation of the pupils. The LCIF grant bought one camera to use in screening to help detect retinal bleeding (diabetic retinopathy) and macular degeneration. Volunteer doctors - led by Fairfax Host's Dr. Suleiman Alibhai - will support the medical team to expertly review retinal images from the camera.

For the ABCs, A1C and cholesterol numbers should be part of our annual wellness checks, and we can all monitor our blood pressure at home with an inexpensive "cuff."

ADA showed us a simple tool (comparing age, gender, family history, etc) to determine one's risk of having Type 2 diabetes, and opened our eyes to the signs of - and consequences of - diabetes, its relationship to eyesight, and prevention and care. Bottom line: we all need to focus on our diet and our physical activity.

To prepare for upcoming field screening, we learned how to measure blood pressure, body mass index, blood glucose level norms and to test for glaucoma. Coupled with patient assessment questions and retinal screening with the CR-2 camera, this knowledge empowers trained Lions to screen the underserved and identify those at risk of diabetes, and point them to medical attention.

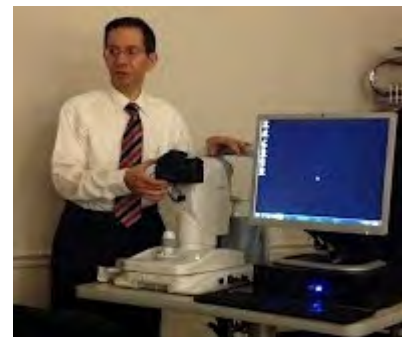
We know diabetes is a scourge in our nation today. Children (born after the year 2000) have an extraordinary risk of developing Type 2 diabetes, and 25-30% of Hispanics (and certain other minority groups) older than 50 have diabetes or pre-diabetes now. Lions can help other Lions, and Lions will serve the underserved to promote diabetes awareness, identify those at-risk and help them seek medical attention during the course of this program over the next 10 months.



Lions received comprehensive materials at training from ADA



IPCC Chair Dennis Brining serves as a test subject as Suzanne Tolson shows the group how to take blood pressure.



Canon representative Tom Russo demonstrates CR-2 Mobile Retinal Imaging camera

STEP OUT FOR DIABETES

by Lion Gordon

American Diabetes Association.

STEP OUT | **WALK**
TO STOP DIABETES™

SUPPORT MY WALK

Did you know that 1 in 3 children in the United States face a future with diabetes? Diabetes is a growing problem. The following statement from the Centers for Disease Control and Prevention is sobering: “26 million Americans have diabetes, and an estimated 79 million U.S. adults — representing more than one-third of all adults in the country — have prediabetes.” Lions in our club are living with diabetes, others are diagnosed as pre-diabetic, and (if you are like me) we have relatives with diabetes. It is personal for us, and important.

This year’s STEP OUT walk is on **Saturday, October 20, 2012** in Baltimore’s Inner Harbor. (Congratulations to the Washington Nationals baseball team, for qualifying for the playoffs and forcing ADA to move the walk away from the Nationals ball park.) I ask you to consider joining our Fairfax Lions Club team on the walk. It is 3.1 miles, and it will be fun! We will car pool over to Baltimore that morning.

As of September 3, FHLC members have personally donated over \$606 to help STOP Diabetes. And, we have only just begun! Our club will donate \$2000, and we hope to double that with personal donations and proceeds from auctions we will hold at dinner meetings in October. Thank you for participating!

You can track our progress (or make a donation, or join our team walking on October 20th) by clicking on [Fairfax Lions Club - American Diabetes Association](#). By making a donation on behalf of the Fairfax Lions Club team, you will help ADA provide education programs, protect rights of people with diabetes and MOST IMPORTANTLY fund critical research for a cure. (Note: on that page, a menu item says **Join Fairfax Lions Club** — click that to join our walk team or to make a donation.) You may also give me any donation you wish to make. I will assure that every penny gets to the American Diabetes Association for you.



WE SERVE



Every third Wednesday, a contingent of FHLC members volunteer for the Lions' Bingo Night at Fairfax Nursing Center. The residents enjoy the evening and appreciate our presence. In addition to winning the usual Bingo with numbers going in a vertical, horizontal and diagonal direction, a win can also be attained through a “postage stamp” design or a four corner Bingo. A postage stamp Bingo includes four numbers in any corner of the card. The residents know more about Bingo than some of the Lions! Each participant plays two cards at once. After a good many games, the last quest is to cover all the blocks on a card. At the end of the evening, the Lions give out small gift tokens to all participants.

Thanks to faithful volunteers: Tom Edick, Carl Enix, Tammy Harless, Phil Mayo, Sandy Mayo, Jeff Root, Marcia Selva and Gordon Tillery.

Come join us — bringing enjoyment and spending time with those in the nursing center is rewarding. Remember, there may be a time when each of us will be in a nursing home and will welcome visits from the outside world.



LOOKING TOWARD BURMA

by CC Dennis Brining

Lion Marcia Selva, President of GCSF and Council Chair Dennis Brining met with Dr. Nanissara, head of the Sitagu Buddhist Vihara in Austin Texas, to discuss forming a strategic relationship with LCI and participation in a number of projects identified from their recent trip to Burma. The two Lions also represented LCI at the Umbrella Ceremony of the Shwe Zi Gon Pagoda. After giving an overview of LCI/LCIF/GCSF, the focus shifted to specific projects we have identified to date that fit within the Burma long range strategic plan relative to Vision

Myanmar Christian Fellowship of the Blind (MCFB). Dr. Nanissara was very interested in this program and believes it will have a great impact on his country. He suggested that we move forward with Phase I which includes expansion and upgrade of the advanced learning center at MCFB.

Multi Component Lions Mission to Sagaing, Inle Lake and Bagan. He was extremely supportive of this proposed effort and asked that we also include Sagaing as the central focal point of the mission. This is the major eye hospital in the country and reportedly has "state of the art" equipment. This includes the Phaco machine and surgical microscope. He would also like us to include training programs beyond Diabetes. This could include Emergency Medical Training and Low Vision evaluation techniques. It was suggested the mission should last 2 weeks to meet the needs in the three locations.

Cataract Surgery. Relative to cataract surgery, Dr. Nanissara would like to use Alcon or equivalent for the inter ocular lens during the surgery. He also suggested that we needed to bring all the medicines and expendables that we will need for this part of the Mission for both locations where the surgery would be done.

Corneal Transplants. As we continued our discussion, we discussed the needs for Corneal transplants. We agreed that this would be another opportunity for us to work together and that we should work to set up an eye bank in Sagaing. After returning from our visit, I spoke with Bill Proctor, the Director of the Old Dominion Eye Foundation about supplying corneas. He is able to provide a constant stream as needed and is also willing to donate some equipment to get things started, along with policies and procedures they may find useful.

Education. Finally, we discussed the state of education in the country which is very poor. The Buddhist monastic school system in Burma is an old educational system with a very long history, dating back to 11th Century. The schools provided important educational needs throughout Burma's history and they were the only source of education for people ranging from royal princes to unskilled workers. The Buddhist monastic schools helped to give the country a rate of literacy considerably above those of other Far Eastern countries in the early 1900s. In 1931, 56 per cent of the males over the age of five and 16.5 per cent of the females were literate — approximately four times as high as those reported for India at the same time.

Generally, Burma monastic schools accept children from needy families who live nearby and are unable to attend government schools. Many of the orphans who attend monastery schools in Yangon and Mandalay are from remote areas and have been sent by senior monks from their villages and small towns. Some schools operate similarly as boarding schools and some as day schools depending on the situation and support of the public. The primary school children of Burma attend the Buddhist monasteries to acquire literacy and numeracy skills as well as knowledge of the Lord Buddha's teachings. Thus, the schools provide not only curriculum education but also ethics and moral foundation for the kids. The schools are required to cooperate closely with township education authorities to be officially recognized. But the operation relies heavily on donations and collaboration from the public. In the 2004-2005 academic year, there were nearly 1190 monastic schools, providing primary and secondary education to more than 100,000 Myanmar children. We now understand the number may be up to around 200,000 children.

Given our common interests, he is willing to enter into a strategic relationship with LCI to work together on all of the projects listed above and, assuming success, expand our relationship further in the future. The next chance we have to meet with him will be in late October or early November when he returns to Austin to dedicate the entire Shwe Zi Gon Pagoda complex. We will again be invited to attend this event.



A picture is worth a thousand words !

DAY OF SERVICE — SEPTEMBER 29

In a recently issued Proclamation, Virginia Governor Robert F. McDonnell declared that September 29 would be a Day of Service. The Proclamation read in part “it is important and proper to recognize days in which Virginians are encouraged to make a concerted and united effort to care for the poor and needy, to give service, and to design projects where families and individuals can assist those in need and improve the quality of life in our Commonwealth’s communities.” In an earlier Proclamation, the Governor announced that September would be known as a “Hunger Awareness Month.” It was noted that more than 1,012,500 individuals in Virginia rely upon food provided by the members of the Federation of Virginia Food Banks annually. Further that members of the Federation distributed more than 108 million pounds of food in 2010 through its network of food pantries, soup kitchens, shelters and other community organizations.

He called upon “all faith-based organizations, community groups, civic organizations, and Virginians to come together and perform service in their local communities.” In response, the Fairfax Host Lions Club is responding by collecting canned food once again for the Food for Others organization. Last year the FHLC donated 93 pounds of food to the organization. Club members are encouraged to bring canned food to club meetings throughout the month of September. It is to be noted that ***they are in great need of canned meats, canned chili, canned fruit, canned pastas, and macaroni and cheese.***

Even though Northern Virginia is considered one of the wealthiest jurisdictions in the nation, we still face a poverty rate of about 5%. Food for Others, the largest distributor of free food directly to people in need in Northern Virginia, provides the assistance vitally needed by the unemployed and low-income residents. Food for Others obtains much of its food through food rescue operations and food drives. Staff and volunteers pick up good food that would be thrown away from local grocery stores and other retail food establishments. The food is brought to the warehouse for temporary storage, including refrigeration as appropriate. Food drives provide most of the non-perishable food. Charitable contributions provide a major part of Food for Others' budget. About 96 cents out of every revenue dollar is used for program expenses. A small staff and over 1,000 volunteers allow the organization to keep costs low and maximize service to those in need.



Food for Others continues to serve more than 2,000 families monthly at their warehouse in Merrifield. Direct free food distributions are made at 16 street sites in low-income neighborhoods. Food is provided for approximately 395 families each night at these sites. Eleven sites are in Fairfax County, three are in Arlington, and two are in Falls

Church. Bulk distributions of food are made to more than 30 other charitable organizations that support homeless shelters, and deliveries to the elderly, as well as church and community center pantries. In 2011, Food for Others distributed over 2.8 million pounds of food.

For those Lions who wish to individually continue to contribute to fight hunger in Fairfax County, you may want to inquire about the Power Pack Program. This program was created to provide elementary-school children with a food pack for the weekend. The packs contain two breakfast items, two lunch items, two dinner items, two snack items, and two drinks packed in a gallon-sized Ziplock bag. Volunteers are needed to donate food for the packs, assemble the packs, and/or deliver the packs to the elementary schools on Fridays.

As a club, we may want to consider this Power Pack Program by running a food drive to collect the specific food for the packs, assemble packs with fellow club members, deliver packs to elementary schools or sponsor a school, which entails assembling packs for the school year and delivering them to a specific school. If any Lion is interested in pursuing this project, contact Lion Sandy at vadaughter@msn.com.

Food for Others is located at 2938 Prosperity Avenue, Fairfax, VA 22031. Their phone number is (730) 207-9173 and their web address is www.foodforothers.org. They are open Monday through Friday, 9:30 to 5:00 and Saturday mornings from 9:30 to noon for donations.

“You may be only one person in this world,
But to one person at one time, you are the world”

— Anonymous

GETTING TO KNOW YOU . . . BEN WILES

by Lion Sandy Mayo

Although Ben Wiles received the Melvin Jones award this year, what do you know of this quiet fellow who writes poetry? Did you know that his poetry is used in the sermons of the church he attends? Or that he has published two volumes of

Poems of Praise: Simple Thoughts and Prayers in Rhyming Phrases to Help You On Your Walk?



Jim Dellinger, who is his next door neighbor, involved Ben in various activities (the sight and hearing van, as well as the youth camp) of the FHLC even before Ben joined the club in 2001. (A note for all of us in encouraging club membership.) Since then Ben's main emphasis in the club activities has been in the eye glass recycling project. Every two weeks, Ben travels to 6 to 7 locations to collect eye glasses. The biggest contributors are three libraries: Chantilly, Centreville and Fairfax. The average pick up is 180-500 pairs of glasses per trip! Ben also liked rolling fruit for the citrus sales, but he physically can no longer participate in that activity. Every Thursday morning he and a friend from the Fairfax United Methodist Church pick up food from various grocery stores for the Food For Others organization. As Ben says, "when you have a pick up truck, you have a lot of friends."

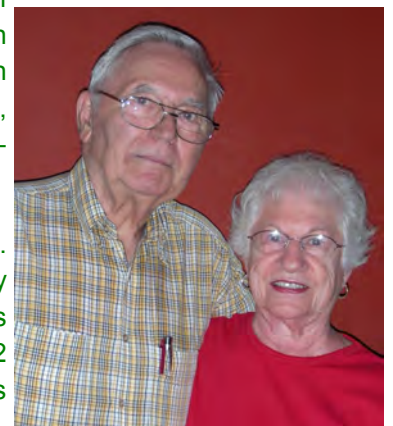
Born in Oklahoma about three miles from the Missouri line, he has three brothers and in his words, "those three brothers have three sisters." Yes, that makes seven children in the family! His grade school consisted of one room and high school was notable for the three-mile walk – each way. He received passing grades in school without much studying. And on a farm with no electricity, he read by the light of a kerosene lamp.

As we all know, Ben is the FHLC poet laureate. He says it comes naturally to him – possibly from his mother who could quote almost all of *Hiwatha*. While Ben's memorizing abilities are not as good, he does claim to have a photographic memory. Unfortunately, he "ran out of film years ago!" In addition to composing poems, reading is another hobby. His favorite poet is Longfellow with Whittier being a close second. He admires their poetry as it tells a story, much like Ben's. *The Village Blacksmith* is his favorite poem, followed by *The Last Leaf*.

He joined the Navy in 1948 when he was 17 years old. The Navy was the first time he had been away from home. During his nine-year service with the Navy, he served on a carrier (the *Rendova*) which was sent to China in 1948-1949 to evacuate Marine squadrons before the Communist took over the country. While on that mission, the ship encountered a typhoon and Ben wondered what in the world had he gotten himself into. He was stationed in Takoma, Washington for eighteen months. He also served on a destroyer (the *McNair*), and served eighteen months in Trinidad. The remainder of his service was spent in Norfolk where he worked in the receiving department of the commissary. He says it was almost like a civilian job. After the Navy he drove tractor trailer trucks until he became an electrician and worked as such for 40 years in the area before retiring in 1992.

While stationed at Norfolk, his best friend arranged a blind date for Ben with Marian in 1955. Since then Ben says he treats his wife like Royalty taking her to the Dairy Queen and Burger King. They were married on March 3, 1956 in Lynchburg where Marian grew up. They have two daughters, Karen and Lori, who live in Manassas and Vienna, respectively. Karen attended NOVA and Strayer Business School and Lori is a graduate of James Madison University.

He and Marian are very involved in their church, Columbia Baptist in Falls Church. Both have taught Sunday School classes there and it was at the Men's Bible study class that he commenced writing his poetry. Marian has been a member for 50 years and sings in the choir. Ben was asked to join the choir as a "tenor (singing *ten-or* 12 miles down the street)". That's another Ben joke! One of the things Ben likes to do is make people laugh.



PHIL MAYO RECEIVES LION OF THE YEAR AWARD

by Lion Sandy Mayo



Service has long been a way of life for Lion Phil. It goes along with his characteristic ear-to-ear smile. Fellow Lions have become accustomed over the years to watching him roll fruit prior to the commencement of the citrus sales in March, November and December. Rolling the fruit ensures that only unblemished fruit is sold to our customers. In the past, he has also delivered food baskets each Easter, Thanksgiving and Christmas to Fairfax County residents in need. Additionally, he has worked at the July 4th parade and the Fall Festival. Two Wednesday mornings of each month, he faithfully works at the Eye Glass Recycling facility. His job there is to read the prescription using a lensometer. For the past three years, he has served as the Corresponding Secretary for the Club. And now he has taken on the responsibility of chairing the committee to repair the recently acquired FHLC cabin at the Youth Camp.

However, did you know that he also has helped in the rebuilding of Gulfport, Mississippi following the destruction from Hurricane Katrina? In numerous of trips since that infamous August 28, 2005, he has done "mudding, "wiring, plumbing, tiling, flooring and painting. You name it, he learned how to do it, and did it. Displaced residents

were ever so grateful for the efforts of so many volunteers.

For years he expended countless hours and effort to assist the Youth Pastor at a church in Burke as the resident trip cook, driver, chaperon and 40-year old teenager. The kids loved his participation in their games and his good sportsmanship on camping trips (including a disastrous roller skating excursion – think black, blue and purple).

Phil also served on the Board of the Fairfax Opportunities Unlimited (now known as Service Source), an organization devoted to the welfare of mentally and physically impaired adults. These individuals were provided job training, as well as taught how to use the public transportation system to go to work. The organization also secured jobs for these individuals through contracts to, as an example, stock shelves for the Marine Corps Exchange, do mass mailings for a variety of organizations, perform internal mail delivery for offices and shipping for a book club. During his tenure on the Board, including two years as Chairman, the budget of the organization increased from \$350,000 a year to \$3.5 million yearly.

His working career at the Veterans of Foreign Wars and finally as liaison for the Department of Veterans Affairs involved service for the nation's veterans. He testified before Committees of the Congress and Senate over one hundred times to secure improvements in veteran benefits and programs. On an individual basis, he solved problems incurred by veterans in their attempt to secure the financial benefits to which they were entitled.

So, in keeping with our motto to "be kind to animals, hug a Lion," give a well-deserved hug to Lion Phil. I've been doing so for fifty years!

MORE PATCHES FOR OUR BANNER

The FHLC received a Sight and Hearing Mobile Screening Van 2011-2012 patch for our participation in the screening event at George Mason University on May 12. Lions of District 24A screened over 15,000 individuals at 233 events this past year.

The Club also received the 100 per cent club visitation award for 2011-2012.

Additionally, we received a patch for our club's donation to the Northern Virginia Lions Youth Camp, 2011-2012. Twenty-nine European teens spent nearly a week at the camp before returning to their Virginia host family. This event helps to highlight the importance of the camp to Lionism. Over 1100 campers and counselors were hosted at the Youth Camp during the year. On July 15, the Northern Virginia Youth Camp hosted the participants of the 2012 Lions International Youth Exchange.

We are making a difference.

BEYOND DOLLARS: MEASURING A SUCCESSFUL PUBLIC EVENT

by Lion John Bailey



This past July 4, I joined my fellow Lions at the City of Fairfax annual Independence Day parade. About 20 of us spent the morning setting up our hotdog stand, grilling, and selling cold water. Unlike earlier Lions activities, this particular fourth was extremely hot and the Lions working the stand seemed to drink as much cold water as we sold to those watching the parade in the hot sun. When the morning was over and the spectators had quickly left for cooler locations, we packed up the gear and counted the money we made. At the parade, we basically break even—covering the costs of us being there. This begs the question, if we don't make much money at these events, why should we go through all the trouble of doing it. Wouldn't we make more money if we used our resources towards activities that would give us a better return on investment?

Fundraising is a good thing. Money is just one of the tools we use to help change our community for the better. However, there is much more to an organization's activities than just raising money. Here are three reasons groups should have public events.

1. Fundraising: As I said earlier, money is a tool and the more money we have, the greater the benefits we can bring to our community.
2. Public relations: People need to know that your organization exists and what you stand for. Getting out into the public gives the public firsthand experience learning what you do and what kinds of people make up your membership. There is no more powerful recruiting tool than talking face-to-face with a prospective member.
3. Team building: The reason organizations can be so effective in their community is because of the bonds the members have developed working alongside of each other. When you can call a fellow member a friend, you are more likely to give that little bit extra when completing a task together. Events allow members to build bonds of friendship and trust.

Sometimes, counting the amount of money you took in during an organizational activity is not the best measure of success. Club activities not only can raise money, they also raise the visibility of your organization in the community. Also, working shoulder-to-shoulder builds bonds of friendship and understanding between the members. If an event your club undertakes does well in any of these categories, it can most certainly be called a success.

MARK YOUR CALENDAR — LOTS GOING ON

Tuesday, September 11 — Blood Drive – Appointments will be from 2:30 to 7:30 pm at 15 minute intervals
Location: Providence Presbyterian Church, 9019 Little River Turnpike (Rt 236)
Contact: Lion Elden Wright

Wednesday, September 12 – Sight and Hearing Van — 10:00 am to 2:00 pm (Contact: Lion Carl Enix)
Location: Green Acres School (Senior Center), 4401 Sideburn Road, Fairfax

Friday, September 29 — Youth Camp Work Day (Contact: Lion Phil Mayo)

Sunday, September 30 — FHLC Annual Picnic (Contact: Lion Mike Schutz)
Location: Izaak Walton League Pavilion, 14708 Mount Olive Road, Centreville

Friday/Saturday, October 5-6 — District 24-A Fall Conference
Location: Hyatt Dulles, 2300 Dulles Corner Blvd., Herndon

Saturday, October 13 – Fall Festival — 8:00 to 5:00 (Contact: Lion Cory Green)
Location: North Street and Sager Street, Fairfax City

Saturday, October 20 — Step Out. Walk to Stop Diabetes (Contact: Lion Gordon Tillery)
Location: Baltimore's Inner Harbor